

sermon discussion

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Live stream at OBCC.online.church; access a video of the service on Facebook or YouTube.

MAIN POINTS & KEY SCRIPTURES

Be first in by knowing what mental health and unhealth are.

- Galatians 5:22–23
- 2 Thessalonians 3:16
- Isaiah 61:1
- Genesis 3:7–10
- Romans 8:21

- James 1:19
- Psalm 103:13
- Proverbs 27:19
- Psalm 26:2
- 1 Timothy 5:23
- 2 Corinthians 4:8–9
- Romans 12:21

Be first in by helping your children be at peace with themselves.

Be first to notice certain conditions.

- Philippians 4:6–7

GROUP DISCUSSION

1. Who helped you develop a healthy way to view yourself or manage difficulties as you grew into adulthood? What qualities or gifts did they possess to positively influence you?
2. Consider the stigma that can be attached to mental health care within the Christian community. What do you think keeps believers from seeking proper mental health care?
3. **Read Genesis 3:7-10.** How do Adam and Eve illustrate the concept of disintegration within ourselves? How can we help our children recognize this disintegration in their own lives?
4. **Read Hebrews 10:24-25.** Young people today are more connected digitally, but more isolated personally and socially. What specific ways can you encourage more connectedness for young people in your sphere of influence to encourage them toward healthy community?
5. Disintegration within ourselves or with others leads to many social and emotional ills, but Christ makes us whole by cleansing us from sin and restoring us to God while giving us the tools we need to be restored to others. **Read James 1:3-5 and 2 Corinthians 1:3-5.** How can you use these sections of scripture to encourage someone that is struggling?
6. **Read Colossians 2:8-15.** Consider how Christ's death and resurrection give us power over our social and emotional struggles. What are some specific ways Jesus' gospel addresses a particular struggle you or a loved one is battling?
7. What are some ways you can engage with a young person to provide support, prayer, wisdom, or a listening ear? What is one step you can commit to taking over the next month?

GOING FURTHER

MEMORIZE: *Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own.* **Philippians 3:12**

WATCH: Raising Resilient Kids with Kathy Koch Maven | January 19, 2023 - We're raising a generation of "fragile" kids. They have difficulty with the regular struggles of life. So how do we raise RESILIENT kids, who embrace life with confidence? Brett and Erin interview Dr. Kathy Koch about her new book entitled Resilient Kids. Watch at https://youtu.be/TtN-8r17_B8.

READ: Guides are available for each age/grade of children to help you discover what's changing about your kid during that year, the 6 things your kid needs most, and 4 conversations to have in this phase. Available online at phaseguides.com.